

ABSTRACT OF THE DISCLOSURE

A barbell/dumbbell training support device includes a base with distal ends, a cross support laterally extending equidistantly from each distal end of the base for a predetermined distance, the cross supports being configured to prevent tipping of the support device, an elongated tray configured to support barbells and dumbbells, and connection elements configured to interconnect the base with the elongated tray. Ends of each cross support may have attached thereto pads, covers, or elevated attachments made from flexible and resilient material. The elongated tray is a generally elongated rectangle having a surface and lengthwise sides with ends and widthwise sides with ends. Raised edges extend from each of the corresponding lengthwise and widthwise sides of the tray.